



North Carolina Academy of Nutrition and Dietetics

August 2020 Newsletter

President's Pen:

This month I'd like to use the space usually filled with our President's Pen to introduce the newest member of the NCAND board, our Diversity & Inclusion Liaison – Alina Pittman! We are so excited to have Alina joining our team to guide our action and goals as it pertains to diversity, equity, and inclusion. Much more to come but for now, get to know Alina!

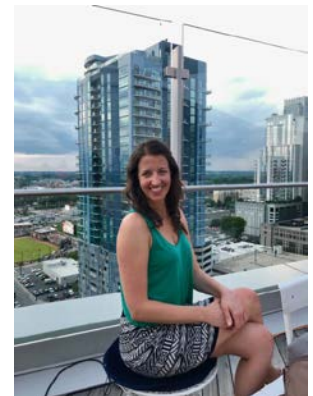
I currently work as a Clinical Dietitian at Atrium Health Cabarrus in Concord, NC. I completed my Master's degree at Winthrop University and my Dietetic Internship as well. I am a second career RD - my first career was in Finance and I worked in that field for 9 years.

I served on the CDA board in the role of Program Planner for the 2019-2020 year. This was my first year being involved as a board member and I enjoyed learning about what happens "behind the scenes" and enjoyed contributing to better serve our profession and members.

Fun Facts:

- Favorite vegetable: Mushrooms
- Hobbies: Exercise, hiking/outdoor activities, gardening, Latin dancing
- I grew up in a Cuban American home. My maternal grandmother was born in Santiago de Cuba and her influence on my life, as well my mother's gift of imparting her heritage upon me, have shaped who I am today.

I inquired about this position as I feel a responsibility to contribute to and generate change that will move our profession forward. This is a tangible way to make change and take action. I have had the opportunity to befriend, work alongside, and mentor BIPOC on my journey from student to RD and value the contributions and perspectives that a diverse group of professionals will bring to the field of dietetics. As internship classes become more diverse, professionals for years to come deserve representation and to know they are heard and supported. There is no better time than now. This role is new for NC, and I hope to serve our members well. I expect challenges, hope for success, and look forward to supporting my fellow RDs in NC.



As was mentioned in our July email, we welcome any ideas or suggestions you might have for ways we can best support Alina, our board, and you, our members, in taking action to increase diversity, equity, and inclusion in our profession and create lasting change for years to come. Please feel free to [share](#) them anytime by reaching out to myself or any member of your district or state leadership.

Best,
Liz Hurley Raynor MS, RD, LDN, CSCS
NCAND President

Policy & Legislative Updates

Please take a minute to read up on the latest nutrition/dietetics policy news, ways to take action and opportunities to learn more.

North Carolina - The NC General Assembly will reconvene on Wednesday, Sept. 2nd. [Find out who represents you.](#)

- Did you know? On July 14, *The News & Observer* reported on a study which estimated that over 238,000 North Carolinians lost their health insurance between February and May due to coronavirus-related job losses. Currently, about 1 in 5 North Carolinians under age 65 are uninsured. *These insurance losses impede access to health care during this public health crisis and contribute to health inequities.* When working with clients who may be uninsured or underinsured two resources can help - [NCCARE 360](#) and the [NCDHHS page on health insurance options.](#)

Federal - Congress is back in session after their summer recess. They are working to pass the next COVID-relief stimulus package. It is important that Congress takes into account important nutrition issues - such as SNAP, school meals, and removing barriers to MNT - to protect public health during this pandemic. Please read more about how you can help in the “Take Action” section below.

Take Action - Your voice matters and makes a difference. Take a look below how you can take action on current nutrition policy issues.

- **URGENT - Take Action Now to Support Marginalized Communities-** The COVID-19 pandemic has disproportionately impacted marginalized and minoritized communities. [Take action today](#) and tell Congress: Access to healthy food and culturally appropriate, medical nutrition therapy is key to managing diet-related diseases and reducing risk for complications from COVID-19.
- The [MNT Act of 2020](#) would expand MNT coverage for Medicare Part B. **Complete the [action alert](#)** to encourage your members of congress to sign on to the bill. Also, **tell your MNT story [here](#)**. Stories make a BIG difference in getting legislation passed!
- **Get ready to vote in the 2020 General Election!**



Educate yourself on the [three voting options available for NC voters.](#)

1. Absentee by-mail voting- no special circumstance needed to request absentee ballot. Fill out an absentee ballot request form here: <https://s3.amazonaws.com/dl.ncsbe.gov/Forms/NCAbsenteeBallotRequestForm.pdf>. The form may be mailed or returned in person to [your county board of elections.](#)
2. In-person early voting
3. Election Day voting

Learn More:

- **Registration Now Open: Second Annual Nutrition and Health Equity Summit** - On Tuesday, August 25 from 1-3 p.m. (Eastern Time), the Academy will host the second annual Nutrition and Health Equity Summit. [Register today](#) and join the conversation to advance the Academy’s advocacy efforts related to health equity, diversity and reducing health disparities.
- **Academy Supports Call for Improving Federal Nutrition Research** - The Federal Nutrition Research Advisory Group, released its [white paper](#) “Strengthening national nutrition research: rationale and options for a new coordinated federal research effort and authority”. The Academy served as advisors to this work and [stands in support](#) of the need for greater investment in and coordination of federal nutrition research. Check out this free recording of the [virtual report release event.](#)

Volunteer Opportunities

Join the NCAND **House of Delegates Think Tank!** NCAND is looking for experts to represent diverse viewpoints on the new HOD Think Tank.

The Academy's HOD governs our profession and develops policy on major professional issues based on member input. Volunteers will have the opportunity to voice their opinions directly to North Carolina's representative and collaborate with other professionals representing diverse populations and areas of practice. HOD Think Tank members will provide feedback on:

Strategic Issues- Emerging issues with potential impact on the dietetics profession in three or more years, overriding issues of strategic importance that cut across multiple discipline areas and support the Academy's strategic mission, vision, and focus. Examples include diversity, technology obsolescence and leadership development.

Professional Issues- Specialized or practice-based topics that need immediate attention by the HOD. These issues may impact a subset of practice areas within the profession. Topics include Master's requirement and implementation, licensure, reimbursement and payment, decreasing enrollment in nutrition and dietetics programs, and preceptor shortages.

This is an excellent opportunity for both current and future leaders to impact the direction of our profession and will require a time commitment of <1 hour/ month to review materials, respond to email communication, and possibly participate in virtual discussions.

For additional information or to volunteer please reach out to incoming delegate, Shannon Corlett at shannon.corlett2@gmail.com. Thank you!

Diversify Dietetics

[Diversify Dietetics](#) provides a community for students, professionals, and educators dedicated to increasing ethnic and racial diversity in the nutrition and dietetics profession. Please check out their website and consider [donating](#) if you are looking for a way to get involved in the racial justice movement and give back to our dietetics community.



Member Updates

2020 NCAND Regional Meeting
Save The Dates:

Virtual NCAND Regional Meeting
September 18, 2020

[Register here](#) and earn up to 7 CEUs!

NCAND Regional Meeting in Winston Salem
December 2020
Winston Salem, NC

NCAND Regional Meeting near Charlotte
March 5, 2021
Gastonia, NC

More details coming soon!

Early bird **district registration** ends September 1, 2020. Use the discount code 'Early20' or the code specific to your district to save. [Join or renew your membership today!](#)

Save the Date! Join us on Friday, August 21st at 12pm for the first webinar in our **[diversity, equity, and inclusion series](#)**. *Registration will open in early August!*

Have you conducted research in nutrition and/or dietetics? Do you have a unique program, project or case study you would like to feature? Consider presenting a **Virtual Lightning Slide** at the Virtual NCAND Regional Meeting on September 18, 2020! Read more and [submit an abstract](#) for

consideration. The submission deadline is August 17, 2020.

Telehealth is an emerging area of practice for many health care professionals. Regulations, policies, and standards are in flux until a "gold standard" becomes consensus; but that has not stopped technology from entering into mainstream practice. It is not surprising that RDs are asking themselves how their patients can benefit from Telehealth and Telenutrition. [Here](#), you will find information for providing telehealth care to your patients.

SAVE THE DATE

When: Friday, August 21st at 12pm EST
What: "Let's Talk Diversity: Jump Starting the Conversation on How to Improve Diversity Within the Field of Dietetics" a webinar
Presented by: Basheerah Enahora, MBA, MS, RDN, LDN & Amber Porter, MS, RD

REGISTRATION OPENING SOON ON
WWW.EATRIGHTNC.ORG

North Carolina Academy of Nutrition and Dietetics

Virtual Lightning Research Presentations

Call for Abstracts

Consider presenting a lightning slide at our Virtual Regional Meeting on Sept. 18th!

Deadline: August 17, 2020

SUBMIT YOUR ABSTRACT [HERE](#) OR AT EATRIGHTNC.ORG

Member Updates (cont.)

The Power of Payment Program!

What is it?

The Nutrition Services Coverage team at the Academy launched the Power of Payment, an email-based program for any Academy member who wishes to learn more about payment for nutrition services.

Participants will receive monthly emails with valuable information, resources, and learning activities regarding payment from third party payers (e.g., health insurers), including for MNT delivered via telehealth, opportunities through healthcare reform, and more.

Emails will be tailored to fit your own situation:

- Are you a student or intern?
- Are you an RDN who works somewhere where someone else is billing, but you'd like to understand it more?
- Are you an RDN who does not bill at all, but would like to learn more?
- Would you like to understand value-based payments/alternative payment models that are predicted to make up at least half of all health care payments by 2025?

Enroll today!

For more information about this program, [contact](#) the Nutrition Services Coverage team.



eat right. Academy of Nutrition and Dietetics

FNCE[®] 2020

Food & Nutrition Conference & Expo™

Virtual Event | October 17-20

It is never too early to start thinking about the future: nominate a leader with proven skills and vision to further the profession for the [Academy's 2021 National Election](#). Nominations close September 4th for president-elect, speaker-elect and treasurer-elect.

Nominations for all other positions are due by November 6.

Enter the [safe recipe contest](#) before August 17th! Submit a 30-minute meal recipe that incorporates basic food safety steps for a chance to win a cash prize and have your recipe featured in an online cookbook.

The [Food and Nutrition Conference & Expo](#) will be held virtually this year October 17-20, 2020. Join over 10,000 registered dietitian nutritionists, nutrition science researchers, policy makers, health-care providers and industry leaders this fall to address key issues affecting the health of all Americans.

It is never too early to



Meet the 2020-2021 NCAND Board!

Executive Board

President: Elizabeth Raynor
President-Elect: Tara Wind
Past-President: Katrina Perry
Delegate: Shannon Corlett
Secretary: Shaynee Roper
Treasurer: Ashley Pinet
Public Policy Coordinator:
Raina Bunnag

**Diversity &
Inclusion
Liaison**
Alina Pittman

Strategic Planning Committee

Courtney Huddle
Lavanya Kethamukkala
Nancy Kondracki
Katrina Perry
Shannon Corlett

Awards Committee

Katrina Perry
Paul Moore
Kim Feeney
Lavanya Kethamukkala

Second Century Liaison

Laurie Allen

District Presidents

Charlotte: Samantha Scruggs
Durham/Chapel Hill: Melissa
Walter
Raleigh: Michael Raynor

NCANDF Chair

Lorraine
Matthews

Program Committee

Lauren Littmann
Angela Rutherford
Lauren Sastre

CPE Coordinator

Shaynee Roper

Public Policy Team

Public Policy Coordinator: Raina
Bunnag
State Policy Rep: Julia Sundermann
Reimbursement Rep: Jamie Rincker
Reimbursement Rep: Julie Cunningham
Reimbursement Rep: Rachael Elledge

Social Media Chair

Jillian Schoening

District Updates

RALEIGH DIETETIC ASSOCIATION

Congrats to Manju Karkare for being awarded the RDA Emergency Relief Stipend.

[Join us](#) on August 15th at 10 am for our virtual yoga social!

Use the discount code when submitting your [district membership](#). We have extended early bird registration to Sept. 1st.

RDA is now on [Instagram!](#)

[Click here](#) to learn more about the RDA!

CHARLOTTE DIETETIC ASSOCIATION

Be sure to use the CDA discount code before submitting your district membership. The discount code expires September 1, 2020.

[Join CDA today!](#)

[Click here](#) to learn more about the CDA!

DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

Use the discount code before submitting your district membership. The discount code expires September 1, 2020. [Join DCHDA today!](#)

[Click here](#) to learn more about the DCHDA!

Combat Food Insecurity

Families who need help finding meals for their children <18 years of age can text FOODNC to 877-877 to locate nearby free meal sites. The texting service is also available in Spanish by texting COMIDA to 877-877.

After entering their address, families will receive a text with the location and serving times for nearby pick-up and drive-thru meal sites while schools are closed. Sites have been set up across the state with school and community partners.

Please share this information!

Do you need help finding meals for your child?

TEXT "FOODNC" TO 877-877

NCAND



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